

Advice leaflet to help prevent you falling in Hospital

	<p>The Hospital wants to help to stop you falling</p>
	<p>Wear sensible shoes or slippers that fit you</p>
	<p>Wear your glasses and hearing aid</p>
	<p>Use your walking frame or stick when moving about</p>
	<p>Ask the nurses to show you where things are</p>
	<p>Tell the nurse if you are worried about walking or falling</p>
	<p>Use the nurse call bell if you need help to walk or move about</p>
	<p>Be careful when you stand up and please do not rush</p>
	<p>Do not use the hospital furniture to help you walk</p>
	<p>Please tell a doctor if you feel dizzy when you stand</p>